

Baker, Mrs. Eleanor Minne (Damb-  
mann)



The stars and the stripes  
or the red, white and blue  
Will tell you the brightness  
I'm wishing for you.

**WAR RECIPES AND MENUS  
FOR  
MEATLESS AND WHEATLESS  
DAYS**

TX357

B3

### THE FLAG

You are made of starshine,  
Of moonlight and dew  
And all the dreams your myriad sons  
Hove woven into you:  
You are red with sunshine,  
White with mist  
And blue the hue of candid eyes which  
truth has kissed.

You are made of wishes,  
Bright with tears—  
The silver spoils of maiden's toils  
Who gave you their years;  
Whose sons have raised you proudly  
And died that you might live;  
Whose lonely hearts seek recompense  
in what they gave—and give.

You are made of sorrow—  
But you are made of hope,  
In earnest of the freedom  
Toward which we tread and grope;  
Courage bears you onward,  
Faith shall keep you whole,  
Ideal of the nation's mind—symbol of  
its soul!

—W. P. Lawson, of the Vigilantes.

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## THE WOMAN'S PART

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So it has come at last you say—the call?

I did not know,

Nor can I realize the truth, at all;

But when you go,

No hand but mine yon gleaming sword shall take

Down from its place,

That you may wield it well, for honor's sake,

A little space.

A little space, perhaps; yet it may be,

Since God is good,

That He will send my soldier back to me —

(Ah, that He would!)

But in the mean-while, soldier-lover, see

How keen this blade!

Strike deep, lest Justice, Truth and Liberty

Shall stand betrayed.

I am for peace—and fain, love, would I lie  
In your dear arms.

Knowing myself, while happy moments fly  
Safe from all harms;

I am for peace—but when a tyrant hand  
Shall lift to smite

And menace our beloved native land  
With evil might.

Then I can say farewell, and watch you go  
To do your part,

Cheered by my godspeed; for no tears shall flow,  
(Lie still, my heart!)

And be our parting one of endless length,  
Or briefer while—

Were it our last kiss—God would give me strength,  
Dear heart, to smile.

—Beatrice Barry in New York Times.

## A CHRISTMAS BLESSING.

Years ago, while Christmas carols echoed all adown  
the street,  
In their home a lonely couple sat, their evening  
meal to eat;  
"What's thy sorrow?" asked the good man of his  
wife, who silently wept;  
"Mourning am I for our Rachel." To her side he  
softly crept;  
Talked they long, till call for service to the cottage  
swift was sent;  
Loath to leave his wife so lonely, sadly forth old  
Jerry went.  
Past the windows brightly lighted, all aglow with  
Christmas cheer,  
Meeting parents hastening homeward with the gifts  
for children dear;  
Pausing where his aid was needed, heard a child  
voice singing low  
All about the Christ-child, coming to our earth so  
long ago.  
" 'Tis the orphan," said the porter; "much she  
wanders sad and alone;  
Homeless child; I fain would take her, but I scarce  
can feed my own."  
Jerry at his work was musing, thinking of his dear,  
lost child,  
When he caught the sweet words ringing, "Peace  
on earth and mercy mild."  
Surely 'twas time for mercy. Quick to think and  
act, he said:  
"To my home I'll take the singer; she shall no  
more beg for bread."  
As the midnight bells were ringing out upon the  
frosty air,  
Jerry reached the little cottage with his Christmas  
gift so rare."  
When the good wife heard the story, "We can't do  
too great a thing."  
Said she, softly, "since God gave us his own Son  
to be our King!"  
Then a heavenly guest was with them, for when  
warm hearts, beating true,  
Open to take in the lost ones, Jesus Christ will  
enter, too."

## Rice, Cheese and Eggs.

Put a layer of cooked rice in a buttered dish, then grated cheese and a layer of sliced hard-boiled eggs; sprinkle with buttered crumbs and salt. Repeat this, add milk until it may be seen through the rice. Cover with buttered crumbs and bake in moderate oven thirty minutes.

## Nut Loaf.

One cup mashed potatoes, one cup peanuts, one egg, one-third cup milk, salt and pepper. Grind nuts, mix with mashed potatoes, add beaten egg and seasoning; bake 20 minutes. Serve hot with a white sauce.

## Hominy Fritters.

Take one pint of hot boiled hominy, two eggs and half a teaspoonful of salt and a tablespoonful of flour; thin it a little with cold milk; when cold add a teaspoonful of baking powder; mix thoroughly, drop tablespoonfuls of it into hot fat and fry a delicate brown.

## Baked Scallops.

Wash and drain a pint of scallops. Mix half a cupful of melted margarine with a cupful of crushed cracker crumbs and half a cupful of soft bread crumbs. Cover the bottom of a buttered baking dish with the crumbs and add half the scallops. Sprinkle lightly with salt and paprika, moisten with a few tablespoonfuls of cream and repeat with the remaining ingredients. Have the buttered crumbs on top and bake in a hot oven for twenty-five minutes.

## Kidney Bean Stew.

One-half cup kidney beans, one-half onion, one tablespoon rice, two cups canned tomatoes, two small potatoes, one tablespoon butter, seasoning. Let beans soak over night, then cook beans, onion and rice till nearly tender in two cups water; add tomatoes and sliced potatoes and seasoning and cook till tender. Serve hot.

## THE RAINBOW

**M**Y heart leaps up when I behold  
a rainbow in the sky. Blessed be  
thou Iris, the Goddess of the Rain-  
bow. As such was the messenger of Peace  
to all the inhabitants of the earth.

“Peace, peace, perfect peace.”

**D**UTY is the child of Love—  
Twin brother of Fidelity  
And cousin of the Graces Three  
Of Faith, of Hope and Charity.

The youth's fast flying feet fare on  
With Hope toward the distant goal  
To find there's only true Success  
When Duty guards both heart and soul.

When, if their trust has e'er been true  
When sands of time are nearly run:  
Peace comes, a messenger for all  
And gently whispers them “Well done.”

## OUR PEACE

**J**UST be heartened by eagerness, our  
zest calmed by serenity. If we  
follow the fire alone we become  
restless and dissatisfied; if we seek only  
for peace we become like the patient beasts  
of the field.

Arthur Christopher Benson.

## Macaroni Cutlets.

Break two ounces of macaroni into very small pieces and cook in boiling water with a little salt until tender; then strain; melt one ounce of margarine, mix in one ounce of flour and add gradually one scant gill of strained brown stock. Cook, stirring constantly, until the mixture leaves the sides of the pan, then add the macaroni, the yolk of one egg, lightly beaten, salt to taste, paprika, Worcestershire sauce and a few drops of kitchen bouquet. Mix well and turn out on a flat platter. When cold divide into six portions, form with floured hands into cutlet forms and fry in deep, hot fat until well browned. Serve with a cheese sauce.

## A Delicious Dish of Samp.

Soak a cup of samp (large hominy) over night. Boil till soft. Make a white sauce, sufficient to cover the samp in a baking dish, grate cheese over the top, and brown in the oven.

## A Good Luncheon Dish.

Chop a little left-over spinach, heat and spread over a slice of hot toast. Place on top of this a poached egg.

## American Toast.

To one egg thoroughly beaten, put one cup of sweet milk and a little salt; slice light bread and dip into the mixture allowing each slice to absorb some of the milk; then brown on a hot buttered griddle or thick bottomed frying pan; sprinkle equal parts of cinnamon and powdered sugar over hot bread.

Any soup (potage) made with potatoes does not need flour.

Any broiled fish, meat or poultry can be fried without flour.

**I** DO the very best I know how—the very best I can; and I mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. If the end brings me out wrong ten angles swearing I was right would make no difference.

Abraham Lincoln.

**T**HEN away with Longing, and ho!  
for Labor!  
And ho! for Love each one for his  
neighbor,  
For a Life of Labor and Study and Love  
Is the Life that fits for the Joy above.

#### SLEEP TO WAKE

**O**NE who never turned his back,  
but marched breast forward,  
Never doubted clouds would break;  
Never dreamed, though right were worsted,  
wrong would triumph;  
Held we fall to rise, are baffled to fight  
better,  
Sleep to wake.

Robert Browning.

**A**LL reforms and all mental healing  
must result from changing the mind.  
When the mind is changed the  
man is changed.

O. S. Marden.

**T**HE stars of heaven are free because in amplitude of liberty their joy is to obey the laws.

Wm. Watson.

**T**HE world wants men, light hearted  
manly men. Men who shall join its  
chorus and prolong the psalm of  
labor and the song of love.

## A FEW ECONOMICAL RECIPES FOR (MEAT AND WHEAT DAY).

### To Use a Ham Bone.

Put the ham bone and one pound of split peas in three quarts of water and simmer for four or five hours. Strain through a sieve and thicken with a little flour. It makes an excellent soup.

### To Use Any Scraps of Meat—Meat Souffle.

Put pieces of any kind of meat through the meat chopper. To two cups of meat add one cup of white sauce, flavor with onion juice. Add beaten yolk of one egg. Cook one minute. Add white of egg beaten stiff. Pour in baking dish and bake twenty to thirty minutes.

### Baked Pork and Beans.

The beans must be at least eight hours in water in advance, then baked with the salt pork about two hours with a chopped onion, one spoonful of English mustard and two spoons of molasses.

### An Economical Entré Dish—Mock Patti Fois Gras.

(Noted French Dish).

Bake slowly in the whole piece one pound calves liver and a little water one hour; when cold grate and then mix one pound nut butter (substitute) when creamy to grated liver; mix thoroughly, then add the grated juice of a raw onion (large) and salt to taste adding paprika. (Truffles chopped coarsely may be added if desired.) Pack in a jar or small butter crock and use next day; then spread on toast, garnish top with the chopped white and yolk of one hard boiled egg. Serve watercress on the side of toast.

### Stuffed Fresh Ham.

Have butcher take bone out of a four to five lbs. fresh ham; make a dressing of stale war bread to which has been added a little chopped apple, onion, parsley. Lay ham open after being washed and dried and PRESS dressing in, then roll and sew the ham up always pressing the meat into as long and narrow a piece as possible Roast three and one-half hours in a slow oven. Serve hot with apple sauce. The next day or through the week. It makes a delicious cold dish with French fries and the hot gravy.

**H**APPINESS is a wayside flower, rare orchid only to be purchased free to all who pluck it, not a by the rich. There is a bit of joy in every floating fleecy cloud, every golden sunset tint in each day's evening sky. There is music in the free winds of heaven if hearts are a-tune to catch the harmony.

—M. G. Woodhull.

**G**IVE me Thy harmony, O Lord,  
that I  
May understand the beauty of the  
sky,

The rhythm of the soft wind's lullaby  
The sun and shadow of the wood in spring  
And Thy great Love that dwells in every-  
thing.

Alexander Pringle.

### THE CALL

**I**SAW the mountains stand  
Silent and wonderful and grand,  
Looking out across the land  
When the golden light was falling  
On distant dome and spire;  
And I heard a low voice calling,  
"Come up higher, come up higher,  
From the lowland and the mire,  
From the mist of earth desire,  
From the vain pursuit of self,  
From the attitude of self;  
Come up higher, come up higher."

James G. Clark.

**An Unusual Delicious, Economical Dish to Serve  
at a Dinner Party of 12 at a Small Expense.**

Purchase five pounds of Hamburg steak, cut coarsely one-half green pepper and boil one cup French chestnuts five minutes; when cold cut up and add to green pepper and mix through Hamburg together with a little paprika and a generous lot of salt to one's own judgment. Shape without too much handling or packing into a long five-inch narrow loaf. Over loaf lay seven strips of bacon and three large onions sliced, then cover with a can of tomatoes and little water. Put in a hot oven ten minutes, then place around side of loaf fifteen whole raw potatoes, return to oven and cook in a slow oven one and one-quarter hours; when basting occasionally add little water if tomato juice becomes dried up. Cook separately peas, carrots (cut shoe string), can asparagus; heat baby beets and baby onions, string beans too, if one wishes an elaborate vegetable display around loaf when served at table. Lay vegetables in separate sections around sides of platter. Garnish with lemon and lettuce buds. With this meat currant jelly should be served..

Make gravy by adding three quarts water to roasting pan and later the thickening after potatoes and meat are taken out of roasting pan.

**Pot Roast.**

Take two pounds of lower round of beef, heat a pot very hot, put in some suet and brown the meat on all sides. Roll it in flour, then pour one cup of boiling water carefully so as not to wash off the flour. Add one onion, a carrot, a pepper, cover tightly and simmer gently three hours.

In the present cry of the high cost of living, it is interesting to note the following condensed Civil War Statistics:

Probably nine-tenths of the citizens of the United States, born since the Civil War, think the average is higher than ever before known in this country. But that is not the fact.

It is true that the average of commodity prices at present is very considerably higher than it has been at any time in the last half century, or since 1868 to be exact, and at the top prices of early last summer the peak was up to the level reached in 1863.

But in the last half of the year of 1864 and in the early months of 1865 the average price of commodities soared to an altitude as yet not closely approximated in the present war conditions. The high point reached in the latter part of 1864 was nearly double the present existing average.

**N**O battle's lost that leads to braver living,  
No helping hand but strikes a chiming bell,  
Each wave flows back from tide of generous giving  
Repeating still, live radiantly, live well.

Anna Herbert.

**A**CHIEVEMENT of whatever kind is the crown of effect, the diadem of thought. Great men are they who see that the spiritual is stronger than any material force. That thoughts rule the world.

Emerson.

## WAR BREADS.

### Eggless Corn Bread.

Two cups cornmeal, one cup flour, two tablespoonfuls sugar, two tablespoonfuls butter, two cups milk, one teaspoonful salt. Mix dry ingredients, add milk and melted butter. Bake in moderate oven in loaf or muffin tins. This makes two thin loaves or two dozen muffins.

### Graham Bread.

One cup molasses, one tablespoonful fat, four cups hot water, one-half yeast cake (dissolve in one-quarter cup water), six cups graham flour; bread flour to make a stiff dough. Salt. Add hot water to molasses and fat, let cool; then add yeast and flour. Mix and knead hard; let rise over night; shape into loaves and let rise to double its bulk. This makes four loaves. (Rye flour and cornstarch can be used in the place of wheat flour).

### "Old Glory Bread"—Straight Dough Method.

One quart water, one ounce salt, one-half ounce yeast, twelve ounces whole Wheat flour, eight ounces rye flour, two pounds wheat flour. Above sufficient for five one pound loaves.

(To know cup measurements refer to last page.)

### Number One War Bread.

One quart water, one ounce yeast, one ounce sugar, one ounce salt, three-fifths whole wheat flour, one-fifth rye flour, one-fifth flour. Makes about four loaves bread.

### Number Two War Bread.

One quart water, one ounce yeast, one ounce salt, one ounce sugar, two-thirds rye flour, one-third flour.

### Rye Bread.

Two tablespoonfuls sugar, two tablespoonfuls shortening, two and one-half teaspoonfuls salt, two and one-half cups hot liquid (water, milk, rice water or whey), one-half yeast cake, three cups rye flour, four and one-half cups white flour. Add hot liquid to sugar and fat; when cool add yeast dissolved in one-quarter cup warm water; stir in one and one-half cups white flour and let stand until light, then mix and knead in the rest of the flour to make a stiff and smooth dough, one that will stand up. Let rise over night. Shape into loaves, let rise to double its size. Bake in moderate oven. This dough is soft and sticky.

## Oatmeal Bread.

Pour one quart of boiling water over two heaping cups rolled oats, one teaspoonful salt and two tablespoonfuls of drippings and allow to cool. Then add two-thirds cup molasses or corn syrup, one-half yeast cake and two quarts wheat flour; stir all with a wooden spoon and let rise over night; in morning stir again, and dip with spoon into bread tins, let rise again and bake in a moderate oven forty minutes.

## Gluten Bread.

Two cups boiling water, two cups scalded milk, two teaspoons butter, two teaspoons salt, one egg, one-quarter yeast cake, one-quarter cup warm water, three cups gluten. Mix water, milk, salt and butter. When lukewarm add dissolved yeast cake, egg well beaten and gluten. Let rise, when spongy beat well. Add enough more gluten to shape. Knead, let rise, shape in loaves; let rise and bake one hour.

## Raised Brown Bread.

Two cups cornmeal, one-quarter yeast cake, two cups rye, one-half cup molasses, one teaspoon salt, one-eighth teaspoon soda, one-quarter cup lukewarm water, two cups boiling water. Pour boiling water on corn meal; when lukewarm add dissolved yeast cake and remaining ingredients; beat well; let rise over night, beat and pour into a buttered brown bread tin. Bake in a moderate oven from one and one-half to two hours.

## Graham Brown Bread.

One cup sour milk, one cup sweet milk, three tablespoons butter, three tablespoons syrup, one teaspoon soda (scant), little salt, three cups graham flour. Bake in moderate oven.

## WAR GRIDDLE CAKES.

### Sour Milk Griddle Cakes.

One and one-half cups flour, one-half cup corn-meal, two tablespoons sugar, one teaspoon soda, two cups sour milk, two eggs. Mix in order given, beat well; heat a griddle; when hissing hot, grease with piece of salt pork on end of fork. Drop a tablespoon of batter from tip end of spoon on hot griddle; when full of bubbles, turn; when cooked on both sides, serve on hot plate. If sour milk is very rich, the eggs may be omitted.

### Graham Griddle Cakes.

One cup graham, one-half cup flour, one tablespoon sugar, two teaspoons baking powder, two eggs, one and one-half cups milk, one teaspoon salt; scald milk and pour on to graham flour; when cold add remaining ingredients, beat well and cook as griddle cakes.

### War Bread Griddle Cakes.

Two cups stale bread crumbs (made from war bread recipe), two cups scalded milk, one teaspoon salt, one cup flour, two eggs, two teaspoons baking powder. Pour milk on to bread crumbs of old Glory War Bread dough and let stand several hours; add dry ingredients, mixed and sifted, yolks and whites beaten separately and cook as griddle cakes.

### Rice or Hominy Griddle Cakes.

One cup cooked hominy, one cup milk scalded, one and one-half cups wheat flour or half graham (graham flour preferably), two eggs, one teaspoon salt, one tablespoon sugar, one tablespoon melted butter, one cup milk two teaspoons baking powder. Pour scalded milk on to rice, let stand over night; add dry ingredients, eggs well beaten and last of all cold milk. Beat well and cook as griddle cakes.

### Buckwheat Cakes.

Two cups buckwheat, one-half cup corn meal or graham flour, one teaspoon salt, one-quarter cup molasses, one-half yeast cake, one-quarter cup lukewarm water, two cups warm water, one teaspoon soda. Mix buckwheat, cornmeal or graham and salt; add dissolved yeast cake, molasses and water, beat well. Let rise over night. In the morning beat, add soda, beat and fry. Any deep pitcher will be found practical for raising these cakes.

## WAR CAKES.

### Eggless Chocolate Cake.

One cup sugar, two cups shortening, one cup sour milk, two squares chocolate or two-fifths cup cocoa, one teaspoonful soda, dissolved in one teaspoonful water, two cups flour, vanilla. Melt chocolate and shortening and add sugar.

### Cheap Cream Cake.

One cup of sugar, one egg, one cup sweet milk, two cups wheat flour, or graham (if no wheat flour is to be had), one tablespoonful butter, two heaping teaspoonfuls of baking powder, flavor to taste; divide into three parts and bake in round shallow tins. When cold spread cream filling between layers.

### Apple Sauce Cake.

One cup brown sugar, two tablespoonfuls fat, one cup applesauce, two cups flour, one teaspoonful soda, two-thirds cup raisins, spices. Cream sugar and fat and add applesauce, raisins, flour and soda sifted. Spices.

### Eggless Cake.

Beat together one teacupful of butter and three teacupfuls of sugar and when quite light stir in one pint of sifted flour; add to this one pound of raisins seeded and chopped; then mix with a cup of sifted flour one teaspoonful of nutmeg, one teaspoonful of powdered cinnamon and lastly one pint of thick sour cream or milk in which a teaspoon of soda is dissolved. Bake in a moderate oven one hour.

### Eggless, Butterless, Milkless Cake.

Two cups sugar, two cups water, two tablespoonfuls cinnamon, two tablespoonfuls shortening, one-half teaspoonful salt, two cups raisins, two teaspoonfuls soda, three cups flour. Boil together all ingredients except flour and soda; when cool, add the soda sifted in the flour. Bake in moderate oven forty-five minutes. Make two cakes.

### Potato Flour Cake.

Beat yolks of four eggs; stir in one cup granulated sugar, one teaspoon vanilla; then add one-half cup potato flour, one teaspoon baking powder; sift well together; beat whites of eggs stiff; fold in. Bake 40 minutes in a moderate oven.

## Cocoanut Cookies.

One cup grated cocoanut, one and one-half cups sugar, three-fourths cup butter, one-half cup milk, two eggs, one large teaspoonful baking powder, one-half teaspoonful extract vanilla; use enough flour necessary to roll out.

## Cup Custard.

Mix well one cup hot milk, two yolks of eggs, one spoon sugar and flavored as desired, chocolate, lemon, vanilla, essence. Cook it in a double boiler.

## Economical Apple Tapioca Pudding.

One-half cup minute tapioca, one quart hot water, one-quarter teaspoon of salt; cook fifteen minutes in double boiler;. Slice separately in quarters seven tart apples; one cup sugar, one-half teaspoonful cinnamon; line dish with apples, pour tapioca over, then bake one-half hour.

## To Use Stale Bread—Cheese Pudding.

Soak stale bread in milk. Add a half pound of cheese cut in small pieces. Cook on top of the stove until a pulp. Add the yolk of one egg, then the white of the egg well beaten, salt and pepper. Bake in a moderate oven.

## Carrot Pudding.

One cup grated raw carrot, one cup grated raw potato. one cup grated raw apple, one cup beef suet, chopped fine, two cups raisins, one cup brown sugar, one teaspoonful soda, one teaspoonful salt, one and one-half cups flour. Steam three hours.

## Rice Pudding With Raisins.

This is an old-fashioned recipe for making rice pudding, but it is difficult to improve on it. In the original formula sugar was used, but honey can be substituted, or even "corn syrup." Turn into a baking dish one quart of milk and add two tablespoonsful of washed rice, a pinch of salt, two tablespoonsful and a half of strained honey and a little grated nutmeg. Set in a moderate oven, watch it carefully, and as a white crust forms over the top stir it down into the pudding. After it has cooked for half an hour stir in three-quarters of a cupful of seeded raisins and ten minutes before it is cooked cover the top with grated nutmeg and do not stir again. Serve cold.

### Brioche.

(The French delicacy) to be used with graham or wheat flour or half and half.

Four cups flour or two cups flour and two cups graham, one teaspoon salt, two tablespoons sugar, one-half cup butter, one yeast cake, one-quarter cup lukewarm water, eight eggs, one cup milk. Scald milk, when lukewarm add dissolved yeast cake; add remaining ingredients and beat well for one-half hour. Let rise to double its bulk, cut down, keep in ice box over night; in morning shape for coffee cakes, make into biscuit, then into finger shapes, twist ends in opposite directions, shape in crescents, let rise in pan. Bake in moderate oven. Brush with confectioners' sugar dissolved in boiling water.

### Hominy and Corn Muffins.

One-quarter cup corn meal, one cup scalded milk, one-quarter cup sugar, four teaspoons baking powder, one-quarter cup hominy, one teaspoon salt, two tablespoons butter, one-half cup boiling water, two eggs. Cook hominy, salt, butter and boiling water twenty minutes. Cool; scald cornmeal with hot milk; add sugar and hominy, yolks of eggs; beat well; add baking powder and beaten whites of eggs. Bake in hot buttered gem pans twenty to thirty minutes.

### Economical Oatmeal Muffins.

One cup scalded milk, one cup cold cooked oatmeal (left over from any meal service), one-quarter cup sugar or one-quarter cup molasses or one-half cup fountain concentrated syrup of any kind, one-half teaspoon salt, one-half yeast cake, one-quarter cup lukewarm water, two or three cups flour or half wheat and half graham. Mix oatmeal, scalded milk, sugar and salt. When lukewarm add dissolved yeast cake; add flour to make a stiff batter, heat five minutes; let rise over night. Beat and fill buttered gem pans one-half full; let rise. Bake in moderate oven one-half hour.

### Soldier Sweets without Sugar.

One-half cup sweet chocolate, one-quarter cup raisins, one-quarter cup peanuts (roasted or not), one-quarter cup shredded wheat. Melt chocolate in double boiler and put raisins and peanuts through meat grinder. Pick shredded wheat apart (fine), and add peanuts and raisins to melted chocolate; then add shredded wheat very slowly and stir while adding wheat. Pour in buttered pans and cut in squares.

**SOME HELPFUL MENU'S**  
**For Wheatless, Meatless, Beefless Days**

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**MONDAY (FISH DAY)**

**Breakfast**

Baked Apples with leftover jelly made  
into a thin syrup

Rice Croquettes with Tomato

American Toast made out of war bread which may  
have become stale.

Coffee

**Luncheon**

Puree of Celery Croutons

Lettuce Sandwiches Tea Cocoa Junket

**Dinner**

Boiled Codfish

Potatoes, Beets and Carrots

Celery Salad made with Cold Sweet Potatoes  
and Little Apple

Cup Custard Nut Cookies

**TUESDAY (BEEFLESS DAY)**

**Breakfast**

Stewed Dried Apricots Uncooked Cereal  
or some form of war griddle cakes

Raised Oatmeal Muffins Coffee

**Luncheon**

Browned Fish Hash

(Vegetables and Fish from previous dinner)

Sweet Pickles Reheated Rolls

Economical Apple Tapioca Pudding

**Dinner**

Tomato Soup (without stock)

Macaroni Cutlets Cheese Sauce  
Spinach

Cheese Pudding made of stale bread

## WEDNESDAY (WHEATLESS DAY)

## Breakfast

Halved Grapefruit  
Fried Salmon Steak Coffee

## Luncheon

Baked Scallops  
Potato Biscuits (potato flour)  
Cinnamon Apple Sauce

## Dinner

Vegetable Soup or Split Pea Soup made from  
Ham Bone  
Kidney Bean Stew  
Waldorf Salad                    Corn or Asparagus  
Coffee                            French Dressing                    Cream

## THURSDAY (MEATLESS DAY)

## Breakfast

Steamed Cereal with Fig Sauce  
Omelet Potato Chips  
Coffee

## Luncheon

## Nut Loaf

## Celery Brown Bread

## Fruit Salad

## Dinner

## Potato Soup with Parsley

## Baked Beans with Pimentoes

Stewed Vegetable Dauphinoise      Corn Bread  
Prune Whip with war Eggless Chocolate Cake

## FRIDAY (FISH DAY)

## Breakfast

## Stewed Dried Peaches or Apple Sauce Uncooked Cereal

Waffles Honey  
Coffee.

## Luncheon

## Vegetable Salad

## Dinner

## Planked Mackerel with Potato Border String Beans

## SATURDAY (WHEATLESS DAY)

### Breakfast

Stewed Prunes with Lemon

Hominy Croquettes      Brown Bread Toast  
(Rye and Cornmeal)

Coffee

### Luncheon

Creamed Fish in Casserole

(Leftover Fish)

Baked Potatoes

Fruit

### Dinner

Clear Soup with Tapioca

Cauliflower      Sweet Potatoes

Lettuce Leaves with chopped Beets or leftover  
Green Beans

French Salad Dressing

## SUNDAY (MEAT AND WHEAT DAY)

### Breakfast

Assorted Fruit cut up in Compot

Hominy Fritters

Coffee

### Luncheon or Supper

Meat Souffle      Pulled Bread

Celery

Coffee      Peanut Cookies

### Dinner

Puree of Asparagus Soup

Baked Stuffed Fresh Ham with Apple Sauce

Grape Jelly      Mashed Potatoes

Green Peas

Pineapple Ice      War Eggless Chocolate Cake

## To Know Value of Cups in the Event a Recipe Calls for Pounds or Ounces Will be Found Helpful.

Use always a measuring cup divided into thirds and quarters.

Following is a complete schedule:

Two cups lard makes one pound.

Two cups butter makes one pound.

Four cups pastry or bread flour makes one pound.

Three and seven-eights cups entire wheat flour makes one pound.

Four and one-half cups graham flour makes one pound.

Four and one-half cups rye flour makes one pound.

Four and two-thirds cups cornmeal makes one pound.

Four and three-quarters cups rolled oats makes one pound.

Two and three-quarters cups oatmeal makes one pound.

Four and one-third cups of coffee makes one pound.

Two cups granulated sugar makes one pound.

Two and two-thirds cups powdered sugar makes one pound.

Three and one-half cups confectioners' sugar makes one pound.

Two and two-thirds cups brown sugar makes one pound.

Two cups chopped meat makes one pound.

One and seven-eighths cups rice makes one pound.

Two cups raisins (packed) makes one pound.

Two and one-quarter cups currants makes one pound.

Two cups stale breadcrumbs make one pound.

Nine large eggs make one pound.

Two tablespoons butter makes one ounce.

Four tablespoons flour makes one ounce.

Six tablespoons baking powder makes one-half ounce.

Three teaspoons makes one tablespoon.

Sixteen tablespoons dry ingredients make one one cup.